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ERRATA Sheet Page 11

Meridian	Bladder: Are you sufficiently hydrated, lubricated? Is energy and emotion freely flowing? What's too concentrated/ irritating? What do you need to release or retain? What's happening behind your back?		
Muscles	Peroneus: Mis-stepping? "Pussy-footing"?		
	Posterior Tibial: In the rhythm? Impatient?		
	Anterior Tibial: "On your toes"? Off-balance?		
	Sacrospinalis: Bending over backwards? Looking over your shoulder? Standing up straight?		
Water Element: Fluidity/Flow, The Sea, Mystery, Unconscious, Purity, Abundance			
Color	Blue (or black)	Emotion	Fear/ Anxiety
Season	Winter	Sound	Groaning
Climate	Cold	Body	Bones
Odor	Putrid	Power	Emphasize/ Priority
Taste	Salty	Belief	Elderhood Reintegrative/ Universal

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ERRATA Sheet Page 12

Meridian	Kidney: Do you have vitality for growth and development, or are you operating on reserve energy/ just surviving? Drinking water/ purifying mentally, emotionally, spiritually? Ancestry/ DNA/ Inheritance? What is your “true essence” or your habitual/ born nature?		
Muscles	Psoas: Kicking? Paradox? Is there something that you need to “sit up and notice”? Can you bow to authority, culture, family/ancestry?		
	Upper Trapezius: Head on/ Seeing straight?		
	Iliacus: Kicking things aside, “passing the buck”?		
Water Element: Fluidity/Flow, The Sea, Mystery, Unconscious, Purity, Abundance			
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